



Creamy Chicken & Veggie Kumara Top Pie

with Parmesan Topping

NEW

Grab your Meal Kit with this symbol



Orange Kumara



Parsnip



Leek



Celery



Carrot



Chicken Thigh



Garlic & Herb Seasoning



Aussie Spice Blend



Tomato Paste



Cream



Grated Parmesan Cheese



Parsley

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Sometimes only a pie will do. Satisfy that warm and cosy craving with this rich, cheesy mash-topped number. Chicken and veggies are cooked in a creamy sauce for an explosion of flavour and a dinner that reminds us why at-home cooking is best.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with lid · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
orange kumara	2 (medium)	2 (large)
parsnip	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
leek	1	2
celery	1 stalk	2 stalks
carrot	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Aussie spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3840kJ (918Cal)	525kJ (125Cal)
Protein (g)	43.1g	5.9g
Fat, total (g)	57.5g	7.9g
- saturated (g)	32.3g	4.4g
Carbohydrate (g)	66.8g	9.1g
- sugars (g)	24.3g	3.3g
Sodium (mg)	1618mg	221mg
Dietary Fibre (g)	11.6g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the mash

- Bring a medium saucepan of salted water to the boil. Peel the **kumara** and **parsnip** and cut into large chunks.
- Cook **kumara** and **parsnip** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return the **kumara** and **parsnip** to the pan. Add the **butter** and **milk**, then season with **salt** and mash until smooth.

TIP: Save time and get more fibre by leaving the kumara unpeeled!

4



Add the veggies

- Add **carrot** and **celery** and cook until softened, **2-3 minutes**. Add **garlic & herb seasoning**, **Aussie spice blend** and **tomato paste**, then cook, stirring, until fragrant, **1 minute**.
- Reduce the heat to medium, then add **cream** (**see ingredients**). Stir well to combine and cook until slightly reduced, **2 minutes**. Season to taste.

2



Get prepped

- While the kumara is cooking, finely chop **leek** and **celery**. Grate **carrot**. Cut **chicken thigh** into 2cm chunks.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken** and **leek**, tossing occasionally, until browned and cooked through, **4-5 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

5



Grill the pie

- Preheat grill to medium-high.
- Transfer the **chicken mixture** to a baking dish, then spread the **mashed kumara** over the top, smoothing over with the back of a spoon. Sprinkle over the **grated Parmesan cheese** and grill until the **cheese** is melted and golden, **8-10 minutes**.

6



Serve up

- Divide chicken kumara top pie between plates.
- Tear over **parsley**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW20

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